

ABSTRACT

The present invention is structured so that a track of a recording medium is divided into a carrier
5 wave area that is continuously wobbled by a carrier wave
wobble of a specific carrier wave cycle, and an address
area that is wobbled by a special wobble that has a
cycle different from the carrier wave wobble and a phase
determined in response to data 0 and data 1 of
10 information stored by a wobble.